

## KANDUNGAN ZAT GIZI MAKRO DAN MIKRO JUS RUMPUT GANDUM (*Triticum aestivum*) SEBAGAI MINUMAN KESEHATAN

### *Content of Macro And Micro Nutrients in Wheatgrass Juice (Triticum aestivum) as Healty Drink*

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#### ABSTRAK

Kemajuan ilmu pengetahuan dan teknologi pangan memberikan bukti ilmiah bahwa sebagian jenis pangan memberikan manfaat bagi kesehatan dan pengobatan. Banyak tanaman dikenal memiliki potensi untuk terapi kesehatan, salah satunya adalah rumput gandum (*Triticum aestivum*). Produksi rumput gandum murah dan tidak memerlukan keterlibatan industri farmasi. Terapi rumput gandum dapat dengan mudah dikembangkan sebagai terapi alternatif preventif dan kuratif untuk mengatasi masalah kesehatan. Kualitas terapi jus rumput gandum dikaitkan dengan kandungan yang kaya akan zat gizi. Penelitian ini bertujuan menganalisis kandungan zat gizi makro dan mikro jus rumput gandum. Jenis penelitian yang digunakan adalah deskriptif dengan analisis laboratorium. Populasi dalam penelitian ini adalah rumput gandum yang ditanam di Kabupaten Maros. Penarikan sampel pada penelitian ini dilakukan secara *random sampling* dan diperoleh 4 formulasi jus rumput gandum. Hasil penelitian menunjukkan kandungan zat gizi makro jus rumput gandum dari keempat formula yang terdiri dari kadar air (211,185-220,545 g), kadar karbohidrat (2,16-8,4825 g), kadar protein (0,9225-1,1025 g), kadar lemak (0,05175-0,14625 g), kadar zat besi (1,52-1,8825 mg), kadar magnesium (6,715-24,1825 mg), kadar natrium (19,935-73,4325 mg), kadar kalium (127,84-271,7825 mg). Kesimpulan penelitian bahwa formula yang terbaik adalah formula 6. Kriteria penentuan formula terbaik berdasarkan banyaknya zat gizi makro dan mikro yang terkandung pada jus rumput gandum.

**Kata kunci:** Jus rumput gandum, sari buah jeruk, gizi makro, gizi mikro

#### ABSTRACT

*Progress in science and food technology provides scientific evidence that some kind of food provide benefits for health. Many plants are known to have the potential for medical treatment, one of them is wheatgrass. The production of wheatgrass is cheap and it does not require for the involvement of pharmaceutical industry. Therapy of wheatgrass can easily be developed as a therapeutic alternative preventive and curative to address problem of health. The quality of therapy juice wheatgrass is associated with content that is rich in nutrition. This study aims to analysis content of macro and micro nutrients in wheatgrass juices. This type of research is descriptive with laboratory analysis. The population in this study was generated from the wheatgrass in Maros. Sampling in this study was carried out by random sampling and got 4 formulations of wheatgrass juice. Data were analyzed by descriptive analysis. The results showed macro nutrient content per 250 ml of wheatgrass juice consisting of water content (211,185 to 220,545 g), carbohydrate content (from 02,16 to 8,4825 g), protein content (0,9225 to 1,1025 g), fat content (0,05175 to 0,14625 g), while the content of micro nutrients consisting of iron levels (1,52 to 1,8825 mg), magnesium levels (6,715-24,1825 mg), sodium levels (19,935-73,4325 mg), potassium levels (127,84 to 271,7825 mg). Research conclusion that the best formula is the formula 6. Criteria for determining the best formula based on the number of macro and micro nutrients are contained in the wheatgrass juice.*

**Keywords:** Wheatgrass juice, orange juice, macro nutrients, micro nutrients